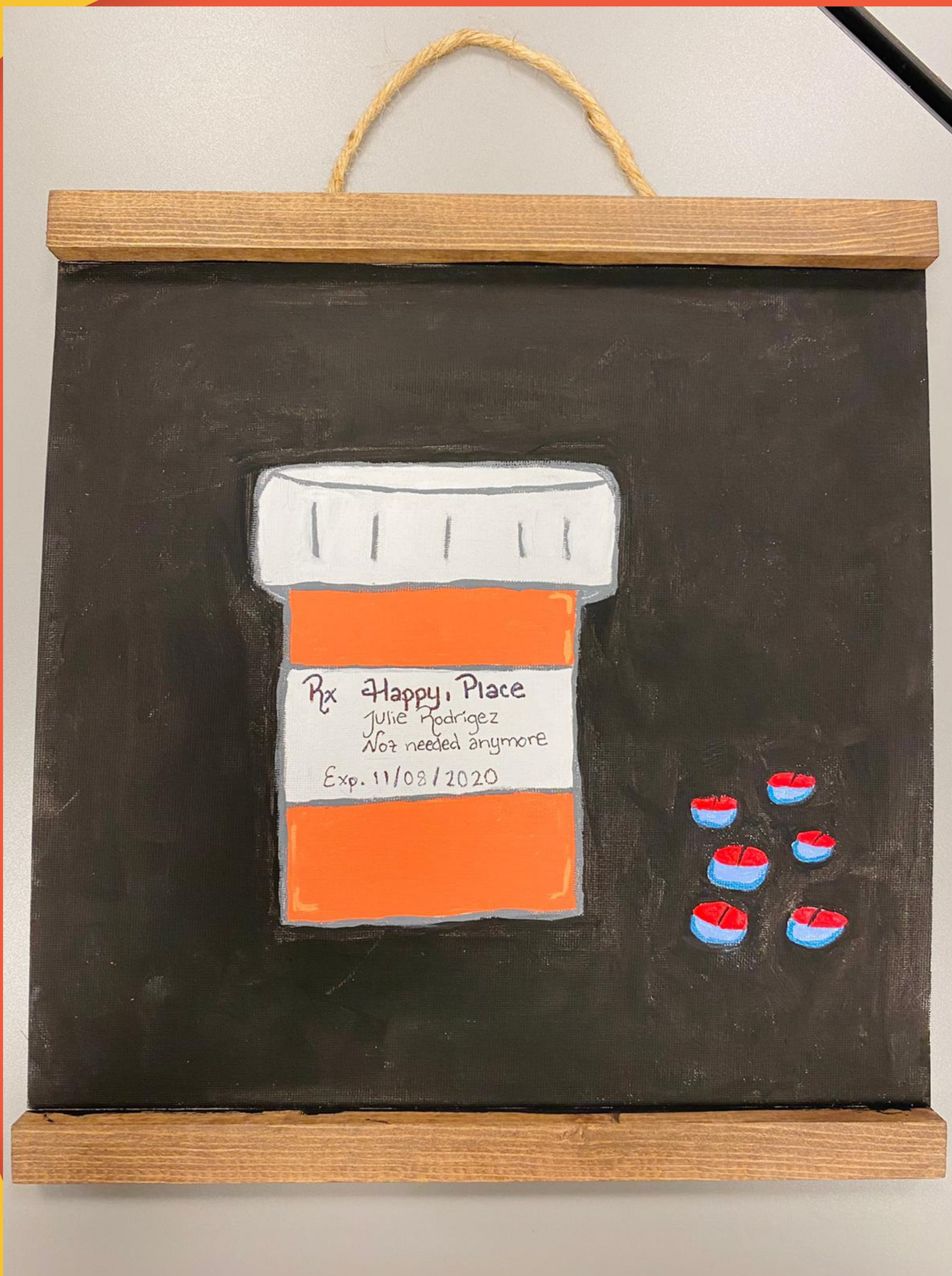




HAPPY PLACE

by Julie R



HAPPY PLACE

Pills have helped me speak up for others because when I was younger I took pills. I was going through a rough time and thought taking away my life would just be better. But, something along the way clicked and helped me have an understanding that pills weren't helping me. I have a drug addict father who has been taking pills for 15 years, and has been in and out of hospitals because of drugs, and is diagnosed with bipolar mental disorder. A few things that have helped me get over the pills, I made new friends that showed me new things in life. I joined to be manager of a basketball and baseball team, which let me meet new people, and find new hobbies. I became part of the Youth Advisory Board program where I made an amazing bond with my peers and we became family. It felt safe to talk to them, and even if they didn't know it, they have helped me on some days that I was having a tough time. If I can help at least one person to know that using pills to harm themselves won't help, or that there are other alternatives to managing depression, it would be the best thing in the world.